

TUMMY TO PLAY... BACK TO SLEEP

Lay babies on their tummies to play when they are awake.

Supervised tummy time will:

- Promote healthy physical and brain development
- Strengthen neck, arms and shoulder muscles

Lay babies on their backs when they sleep. Sleeping on their backs:

- Reduces risk of SIDS
- Provides a comfortable and safe sleeping position

RESOURCES

National dialing code for free, 24-hour access to information about community, health and disaster services
2-1-1

Public Health Nursing Administration
619-515-4209

Shaken Baby Prevention Program
San Diego Naval Medical Center
(619) 532-6276

Child Abuse Hotline
(800) 344-6000

For information on health care resources for pregnant women and children call:
Public Health Services
Maternal Child and Family Health Services
(800) 675-2229



County of San Diego
Health and Human Services Agency

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SAFE4BABY
BECAUSE YOU CARE!

This information is provided by the San County Commission on Children, Youth, and Families, Child Abuse Prevention Committee.

Special Thanks to Geri Wilson

www.safe4baby.org

SLEEP SAFE

Keep Your Baby
Safe In Bed

Share this information with
everyone who cares for
your baby.



REDUCE THE RISK OF SUDDEN INFANT DEATH SYNDROME (SIDS)

- Take special precautions if the baby is in bed with you
- Place the baby in a safe crib or on a firm surface
- Place the baby on his/her back for sleep, even for naps
- Keep the baby's face and head uncovered during sleep
- Do not let the baby get too hot
- Do not allow smoking near the baby
- Avoid chairs, sofas and waterbeds
- Do not use excess bedding or pillows
- Do not put stuffed animals in crib
- Pads and wedges are NOT needed



SAFE SLEEPING GUIDELINES

Be aware that there is a risk of laying on or smothering your baby during sleep under some conditions.

Do not sleep with your baby in the following circumstances:

- When you are extremely tired
- If you have taken medications that make you drowsy
- If you are drinking alcohol or taking drugs
- If you are a smoker
- If you are overweight
- On a sofa, waterbed, soft chair, pillow, or beanbag, even for a nap
- Be aware that there is an increased risk of smothering your baby when older children share your baby's bed

FACTS

- Sleeping with a baby is called bed sharing and/or co-sleeping
- Some parents sleep with their babies to respond better to baby's needs and cries
- Some parents prefer to bed share with their babies
- Some families may not have another place for their baby to sleep

BE SAFE

- Always place baby on a flat, firm, smooth surface to sleep
- The safest position for babies is on their backs, even during naps
- The safest place for your baby to sleep is alone in his/her own bed
- Remove all soft things such as loose bedding, pillows and stuffed toys from the sleep area
- Dress baby in the same amount of clothing you are wearing. Babies should not be overheated or hot

